**Addictions**

There is something many of us face today in one way or another. Addictions.

Addiction is defined as the continued repetition of a behavior despite adverse consequences.

Addictions come in many forms, some more serious than others. Food, music, TV, internet, and shopping are all some examples. These tend to not be as serious as others such as drugs, alcohol, gambling and money. These are probably the ones that land people in prison. Some people get addicted on an emotion, like they way they look or power.

It is these addictions that shape who we are. It makes a difference what your addiction is and how you manage it.

If you listen to music with questionable words and beats, you are going to have to expect that at some time, you will think those words are true and act on them.

If you gamble, you are going to have to expect that at some time, you may lose all your money, your home and possibly your family.

If you use drugs, your body and your mind becomes accustomed to the feeling it gives you. But, what happens? You waste away your health and your life. Your body gets used to those drugs and you start to think you can’t live without them. You end up doing whatever you need to do to get those drugs. What happens then, do you do other things, like steal to get them?

These types of addictions have everlasting ramifications.

I know there are people here that have been addicted to drugs. Think about how you felt, your health and your state of mind, your life, before you even got started on that destructive stuff.

We need to break those addictions, whatever they are, that are causing your life to be shortened and spin out of control.

The best way to break a bad habit or addiction is to feed your soul with the word of God.

Why feed your soul? Because your soul needs to mature and grow. As you do this, you will be better equipped to fight off those spirits of addiction that are attacking you.

Colossians 1:9-16

Note some of the words in these verses.

“…filled with the knowledge of His will in all wisdom and spiritual understanding, strengthened with all might…”

When you feed your soul, you start to understand the things that cause you to do the things you do. You can learn and grow from your mistakes. You will strengthen your soul and be able to defend yourself against the forces of Satan.

“…He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love…”

God can do anything. He can deliver you from those addictions and chains of darkness that bind you. You have to feed yourself the word of God to be able to grow spiritually.

Feeding your soul takes dedication. Dedication is the quality of being committed to a task or purpose.

What other types of things have you been committed to? Are those as important as being committed to your soul? Read your Bible every chance you get because you feel like you are in prison because of your addictions, when you break those chains and get out of that prison, your old life will start trying to call you back in. You have to be prepared. Make a commitment to read, study and pray every day until it becomes a way of your life.

And don’t allow yourself any excuses. What if Jesus would have told the Father, today, I just don’t feel like dying on the cross. Can we do this tomorrow?

Or, I am not in the mood today to heal you. I have too much to do. How about after supper and my favorite show?

Jesus had the greatest commitment because he knew he was going to be crucified. Did he run away? No. He did what he knew he was brought here to do.

Recognize what your addictions are. Acknowledge you have addictions. Face those addictions. Read and study the Bible. Pray. Make a commitment to feed your soul. Don’t allow yourself excuses to stray from feeding your soul. Then see the blessings from your commitment.